

Many of us have long ago accepted the value of psychotherapy, and a book such as this seems rather behind the times. However, its essential good is that we now may feel officially released from the restrictions implied by the frame of reference of immunology and should simply believe that if therapy by any procedure is efficiently successful, both for relief and prevention of symptoms, it should be used, even though essential explanations may eventually come through electrochemistry at the other end of the neuron.

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PSYCHIATRY IN GENERAL PRACTICE. By Melvin W. Thorner, M.D., D.Sc., Assistant Professor of Neurology, Graduate School of Medicine, University of Pennsylvania. 659 pages. W. B. Saunders Company, Philadelphia. 1948. \$8.00.

This volume was written primarily for the use of general practitioners and students in order "to acquaint the internist and general practitioner with those aspects of psychiatric theory and practice which are of constant daily concern to him." After a preliminary few pages on the plan of the book, the second section deals with "The People," more or less typical kinds of psychiatric patients. There is a chapter on intelligent people, with above-average intelligence, in whom emotional problems interfere with adequate functioning, and another chapter on "Dull People," about those whose lack of average intelligence creates emotional, social and economic problems. Then follows a section on "People and Sex," with general considerations of basic sexual drives and problems arising from these. Chapter 5 presents the effects of unusual happenings like war, disease, social and economic failure on the equilibrium of people, emphasizing that catastrophe may actually lead to improvement in some and be used as rationalization for illness in others, and that the patient must be considered the product of the effect of environment upon his hereditary tendencies. Depressive reactions are discussed under the heading of "Unhappy People," and here manic-depressive psychosis and neurotic depressions are described. Mental symptoms resulting from organic disease of the brain of patients in whom alteration in brain function can be demonstrated are described in the chapters entitled, "Dementing People," and "Confused People," with case reports of patients suffering from general paresis, encephalitis, carbon monoxide poisoning, brain tumor, epilepsy, Huntington's chorea, delirium, alcohol, etc. Schizophrenic reactions and the paranoid reactions are referred to in sections on "Dreamy People," "Suspicious People," and "Queer and Twisted People," while other sections describe the psychoneuroses as "Anxious People," geriatric problems as "Older People," and pediatric problems as "The Children."

The third section of the book is a formal consideration of the methods of psychiatry, the history and psychiatric examination, the neurological and physical examination, and various laboratory procedures utilized. Simple advice on the psychiatric interview is given, followed by chapters on therapy, considering such varied approaches as chemotherapy, physiotherapy, hydrotherapy, insulin and convulsive therapy, electronarcosis and frontal lobotomy. In the chapter on psychotherapy, emphasis is given to the so-called short forms of psychotherapy applicable to psychiatric problems one meets in general practice. Throughout the whole book, detailed case reports are given, pointing up the personality of the patients treated and the therapeutic approach. An appendix lists the classification of mental disorders adopted from that approved by the Council of the American Psychiatric Association, and also quotes a report on commitment procedures prepared by the Group for the Advancement of Psychiatry.

The author has obviously and studiously avoided as much of the technical jargon of psychiatry as he could, sometimes

sacrificing clarity as a result, but on the whole the volume is an honest exposition of the general kind of psychiatric problems that one meets in practice. Because of its simplicity, the physician who has had little psychiatric background and training can read it with profit.

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THE DOCTOR WEARS THREE FACES. By Mary Bard. J. B. Lippincott Co., Philadelphia, April 15, 1949. \$3.00.

The sister of the author of "The Egg and I" reveals a style suggesting that heredity may have some place in wit and humor. She is the wife of a physician practicing apparently in the Pacific Northwest and she writes ably on fourteen points in the thorny path of equanimity. Most physicians' wives will enjoy this book, especially those who attended the quinquennial three-ring circus known as an A.M.A. Convention in San Francisco. The chapter on the author's pursuit and capture of her husband is perhaps the most entertaining in the book. Recommended for light summer fare and not social significance.

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ESSENTIALS OF GYNECOLOGIC ENDOCRINOLOGY. By Gardner M. Riley, Ph.D., Associate Professor of Obstetrics and Gynecology, University of Michigan Medical School. Caduceus Press, Box 17, Ann Arbor, Michigan, 1948. \$3.00.

This is an excellent little book which should appeal to students, hospital house officers, and to practitioners who deal with women, because it is quite comprehensive yet is brief, clear and to the point. It is also well documented. The first section, containing 13 chapters on 62 pages, reviews endocrine physiology. This includes discussion of the pituitary hormones, the endocrine function of the ovaries, the effects of the ovarian hormones, the hormonology of menstruation, and the other cyclic changes in the genital tract. Also discussed in this section are the hormone changes associated with pregnancy and with the physiology of the breasts. Short sections take up the hormonal physiology of the adrenal glands, the thyroid and parathyroid glands, the pancreas, the thymus and the pineal body, particularly as their functions are related to genital function.

A second section discusses clinical aspects. This includes consideration of puberty and the menopause, menstrual dysfunctions and the endocrine disorders of pregnancy. Abnormal sexual development such as infantilism and pseudohermaphroditism are discussed. Even the endocrinology of the male is considered. The carcinogenic possibilities of the steroid hormones are discussed.

The third section takes up diagnostic procedures such as the vaginal smear, endometrial biopsy and hormone assays, as well as giving a brief exposition of hormone chemistry, and a tabulation of potent endocrine preparations which are available commercially.

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1948 YEAR BOOK OF GENERAL MEDICINE. Edited by Paul B. Beeson, M.D., J. Burns Amberson, M.D., George R. Minot, M.D., William B. Castle, M.D., Tinsley R. Harrison, M.D., and George B. Eusterman, M.D. The Year Book Publishers Inc., 304 S. Dearborn St., Chicago, 1948. \$4.50.

The 1948 Year Book contains abstracts of the pertinent literature in general medicine for the last half of 1947 and the first half of 1948. Paul B. Beeson has replaced George F. Dick as the editor for Infectious Diseases and Tinsley R. Harrison has replaced William D. Stroud as editor for Diseases of the Heart and Blood Vessels. The articles are well abstracted and well arranged. The Year Books are of use essentially to the busy practitioner who can not, or will not keep up with medical literature himself and who prefers his medical information predigested. They are preferable to the summaries of the drug houses which, while often excellent, tend to be biased in favor of their own products.